

Lower Limb Service (East Berkshire)

Introduction video

0:00:00.360,0:00:06.200

We are the Lower Limb Service. We're a team of specialist nurses and health care assistants who

0:00:06.200,0:00:13.080

can help with leg ulcers, which are wounds on your lower leg that are slow to heal. Once healing has

0:00:13.080,0:00:20.080

taken place, we will offer advice and compression hosiery to reduce the risk of ulcers returning.

0:00:21.120,0:00:28.120

For patients at risk of developing a leg ulcer, we offer education relating to leg care, including

0:00:28.120,0:00:34.560

lifestyle choices, and if appropriate, provide compression hosiery, which should be worn daily.

0:00:35.560,0:00:42.560

Appointments are held at our clinics in Bracknell, Slough, and Maidenhead. To access the lower limb

0:00:42.560,0:00:49.680

service, a referral must be made by a health care professional, usually your GP or a practice nurse.



0:00:50.680,0:00:57.120

Blood tests must be taken before a referral can be accepted. When a referral has been received,

0:00:57.120,0:01:01.800

if it is appropriate for our service, an appointment for assessment will be offered.

0:01:02.520,0:01:07.880

The first appointment includes a Doppler assessment, which uses ultrasound waves to

0:01:07.880,0:01:13.560

assess blood flow to the legs. As most leg ulcers are caused by a lack of blood flow in your veins,

0:01:14.640,0:01:21.680

our first line of treatment is compression therapy. Bandages are applied from toe to knee

0:01:21.680,0:01:26.400

and follow-up clinic appointments will be once or twice weekly depending on your needs.

0:01:27.440,0:01:30.920

Sometimes we can use compression hosiery instead of bandages.

0:01:31.760,0:01:36.520

You can find more information about the lower limb service and what we offer on our web page.

